

## **Nurses' Nook - Important Measles information**

You may have read recently that there was a person diagnosed with Measles in the Greater Boston area that involved some possible contamination of susceptible persons in Plymouth and on Cape Cod.

[Here is a link](#) to the press release from the state.

The symptoms of measles generally appear about seven to 14 days after a person is infected.

Measles typically begins with

- high fever,
- cough,
- runny nose and
- red, watery eyes
- Two or three days after symptoms begin, tiny white spots (Koplik spots) may appear inside the mouth.

Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet. Small raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body. When the rash appears, a person's fever may spike to more than 104° Fahrenheit. (CDC, 2/2018)

While Massachusetts does allow children to be enrolled in school with either medical or religious exemptions from vaccination, these children (as well as susceptible staff) are subject to exclusion from school if a case of a vaccine preventable disease does occur in their school. Persons in the US born before 1957 are considered immune.

If you have any questions or concerns please call the nurse in your child's school.

*Also please note that all the nurses in the district have FREE medication disposal packets available so that you can easily dispose of any old/unused medication in your home. If the medication is in pill form it can also be disposed of at your local police station.*